Annual Report

OF THE

Nova Scotia

Alcoholism Research Foundation

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THE HONOURABLE RICHARD A. DONAHOE, LL.B., Q.C.,

Minister of Public Health.

Sir:

I beg to offer herewith the Report of the Alcoholism Research Foundation for the year 1967.

Respectfully submitted,

CHARLES M. HARLOW,

Chairman.

To His Honour,

THE HONOURABLE H. P. MacKEEN, C.D., Q.C.,

Lieutenant Governor of Nova Scotia.

Sir:

I beg to present herewith the report of the Nova Scotia Alcoholism Research Foundation.

I have the honour to be,

Sir,

Your most obedient servant,

RICHARD A. DONAHOE,

Minister of Public Health.

104-01314/

NOVA SCOTIA ALCOHOLISM RESEARCH FOUNDATION–1967

MEMBERS:

Charles M. Harlow, C.D., B.Sc., Ph.D., M.D., C.M., D.Sc.,
Halifax.....Chairman

M. Grace Wambolt, B.A., LL.B., Q.C.,
Halifax.....Vice-Chairman

Austin Churchill, Esq.,
Yarmouth.....(Resigned July 2, 1967)

Leo C. Hogan, Lt.-Colonel,
Halifax

Angus Norman MacDonald, B.A.,
Glace Bay

Raymond H. MacFarlane, B.A., B.D., S.T.M.,
Bedford

Mrs. John W. MacLeod, R.N.,
New Glasgow.....(Resigned September 29, 1967)

Clyde S. Marshall, M.D., C.M.,
Halifax

Hector J. Pothier, M.D., C.M.,
Yarmouth.....(Appointed September 5, 1967)

Harold L. Scammell, M.D., C.M.,
Halifax

Edison B. Skinner, M.D., C.M.,
New Glasgow.....(Appointed October 24, 1967)

STAFF MEMBERS:

J. Murray Snow, M.Sc., M.D., C.M.,
Halifax.....Executive Director

Margaret M. Caswell, (Mrs.), R.S.W.,
Halifax.....Social Worker

Edward T. Fitzpatrick, B.A.,
Halifax.....Field Representative
(Appointed September 1, 1967)

Madeline E. O'Sullivan, (Mrs.),
Halifax.....Welfare Officer

Diana M. Rudolph,
Halifax.....Secretary

E. Jean Morrison, (Mrs.),
Halifax..... Stenographer
(Appointed May 23, 1967)

Harold L. Scammell, M.D., C.M.,
Halifax.....Consultant in Alcoholism

MEDICAL ADVISORY COMMITTEE

Robert C. Dickson, O.B.E., M.D., F.R.C.P., F.A.C.P.,
Halifax

F. Murray Fraser, M.D., C.M.,
Halifax

Robert O. Jones, B.Sc., M.D., C.M., F.A.P.A.,
Halifax

The Nova Scotia Alcoholism Research Foundation has functioned during the year 1967 under the direction of the members appointed by Governor-in-Council in December, 1966, with Doctor C. M. Harlow as Chairman and Miss M. Grace Wambolt as Vice-Chairman. The full Foundation membership has regular meetings at quarterly intervals with an Annual Meeting during the month of October.

In addition to these meetings special committees named by the Foundation meet as required to facilitate the maintenance and further development of appropriate aspects of the Foundation program. Standing Committees dealing with Policies and Personnel, the Field Program, and Long-Range Planning, are composed of two or three Foundation members along with the Chairman and Executive Director acting as ex officio members of all committees.

The Medical Advisory Committee composed of three members of the medical profession was re-appointed by Governor-in-Council.

During the year Mr. W. Austin Churchill of Yarmouth and Mrs. J. W. MacLeod of New Glasgow, resigned from the Foundation. Both of these members had served since the appointment of the Nova Scotia Alcoholism Research Commission in 1959, and had contributed a great deal to Nova Scotia's government sponsored alcoholism program.

Doctor Hector Pothier from the Yarmouth area was appointed as a new member to fill the unexpired term of Mr. Churchill, and Doctor E. B. Skinner of New Glasgow was similarly appointed to fill the unexpired term of Mrs. MacLeod. The Foundation is indeed fortunate to have the services of these two highly respected members of the medical profession.

Continuation and further development of the program of the Foundation has been carried out in the designated fields of research, education, treatment and rehabilitation.

RESEARCH

Financial assistance by means of grants has been made available for extra-mural research projects in Nova Scotia universities.

A continuing project on "Histochemical Studies in Liver Cirrhosis" under the direction of Doctor Robert C. Dickson, Professor of Medicine at Dalhousie University and Head of the Department of

Medicine at the Victoria General Hospital, is being supported for another twelve-month period.

The research project initiated last year by Doctor W. K. Caird of the Department of Psychology at Dalhousie University was given continuing support for a second year. The project entitled, "An Investigation of the Effects of Alcohol on Human Learning" has had some interesting results indicated in a preliminary report.

A new study initiated in 1967 under Foundation sponsorship is "An Effort to Isolate in Part the Emotional Correlates of Alcohol Addiction" under the direction of Doctor Marcia Earhard, Assistant Professor, Department of Psychology at Dalhousie University.

A fourth research project has been approved for a Foundation grant and will constitute a study of the alcoholic problem at an Indian Reservation in the Province, to be carried out by David V. Warren, Assistant Professor of Psychology at Saint Francis Xavier University, Antigonish.

Approval of research projects has been based on recommendation of the Medical Advisory Committee augmented by members of the Foundation who have experience in the field of medicine or research.

EDUCATION

This important aspect of the Foundation's responsibilities includes the field program of community organization, industrial programming, public relations and professional education.

A large part of the educational program is dependent upon the efforts of a suitably qualified and oriented Field Representative. Unfortunately the Foundation was without the services of such an individual for the greater part of the year 1967. The position had been advertised throughout the Province and several applicants had been carefully interiewed and screened by the Personnel Committee. A capable individual fulfilling the requirements of the position was found in the person of Mr. Edward T. Fitzpatrick who was recommended for appointment and subsequently assumed duties September 1st, 1967. On the job training is essential for workers in the field of alcoholism and an appropriate program has been instituted for the Field Representative under the supervision of the Executive Director.

Community Organization

Without a full-time Field Representative, it was not possible to maintain the desired degree of liaison with previously organized Study Groups in various centers throughout the Province. However, the Executive Director and other staff members, by visiting the groups insofar as time permitted, encouraged them to maintain activity in their respective regions.

The nomenclature of Study Groups was considered inappropriate and was changed to Local Committees on Alcoholism, which was more in keeping with the original intentions of the Final Report of the Nova Scotia Alcoholism Research Commission. This would give the voluntary organizations an opportunity to study the problem as well as function as action groups in their communities.

With the appointment of a full-time Field Representative, a desirable degree of liaison has been re-established with all groups and in areas where interest had shown an indication of waning, re-activation is under way. Committees will then be functioning in Sydney, Antigonish, New Glasgow, Middleton, Digby and Yarmouth and committees in two additional areas are anticipated for the near future.

The Sydney Committee on Alcoholism and the Nova Scotia Alcoholism Research Foundation have given extensive consideration to the feasibility of the future establishment of an information, referral and treatment facility for the Industrial Cape Breton region.

The Field Representative, Mr. Edward T. Fitzpatrick, has had an opportunity to become familiar with community programs in a number of centers in the Province of Ontario. Accordingly, it is anticipated that this aspect of the Foundation's educational program will derive future benefit.

INDUSTRY

An increasing awareness of industry toward the problem of alcoholism among its employees has been indicated by an increased number of referrals from this source to the Foundation Clinic in Halifax. Definite interest has been shown by an industrial complex in the Halifax area operating within the Federal Civil Service, and the Foundation staff are prepared to act in a consultant capacity in the development of an in-plant program for case-finding and referral.

The Field Representative has visited several industrial programs in Ontario during a tour of alcoholism facilities in that Province arranged through the kind co-operation of the Alcoholism and Drug Addiction Research Foundation of Ontario.

Public Relations

Progress in this aspect of the Foundation's endeavours has been due to the active participation of various staff members in responding to requests for a qualified individual to act as speaker, panelist or discussion leader by any interested group. During the year we have been pleased to fill such requests from the Nova Scotia Federation on Alcohol Problems, Alcoholics Anonymous, Al-Anon Family Groups, Alateen, welfare organizations, church youth organizations, and student groups at various levels, both in public school and university. The interest shown by these groups indicates a greater desire for information regarding the problem of alcoholism on the part of the general public and the interest of the younger members of society is most encouraging in this respect.

Special Groups

Special groups whose fields of activity bring them in close contact with persons afflicted by the problem of alcoholism, frequently call upon the Foundation for individual lectures or organization of a program of professional education incorporating recognition of alcoholism as it will be encountered by these special interest groups.

During the year the Executive Director spoke at the Annual Conference of Motor Vehicle Inspectors and Examiners for Nova Scotia and participated in a number of sessions of an alcoholism workshop at the Congress of Corrections held in Halifax. Lectures or discussions were also requested by university students in sociology and law.

A marked increase in interest has been shown this year by the fields of social welfare and nursing. The Executive Director and the Social Worker held conferences with the Family Service Bureau staff and the Social Service Department of the Victoria General Hospital. The student welfare officers at the Nova Scotia Institute of Technology have begun a series of field visits to the Foundation offices and Clinic in order to gain familiarization with the problem of alcoholism which they will inevitably meet in their chosen careers. Doctor Scam-

mell, the Consultant in Alcoholism, has continued a series of lectures for Public Health Nurses at Dalhousie University, and Doctor Snow, the Executive Director, has met with members of the Out-Post Nursing Course at Dalhousie University. It is considered valuable for graduate nurses to receive some training in recognizing and dealing with the problem of alcoholism but an important opportunity for education in this field is through the nursing schools. Senior student nurses at the Victoria General Hospital School of Nursing now make one-day field trips to the Foundation Clinic in small groups to observe at first hand the treatment of persons suffering from the disease of alcoholism. These teaching clinics are under the supervision of the Executive Director and have appeared to be extremely well received by the students.

The staff of the Alcoholism Research Foundation are always willing to co-operate in furthering professional education whenever interest is evident or assistance is requested.

Summer School Scholarships

The policy of the Nova Scotia Alcoholism Research Foundation in providing scholarship funds for alcohol studies has met with increased response this year. The $500 scholarships enable successful candidates to attend the Summer School of Alcohol Studies at Rutgers University in New Jersey.

In 1967 four scholarships were awarded for this purpose. The recipients included a Welfare Officer, active with the New Glasgow Committee on Alcoholism, a Rehabilitation Officer in Kentville, and two Supervisors of Catholic Welfare organizations, one in Sydney and one in New Waterford. They all reported that their summer school attendance had been both interesting and beneficial in their specific fields of work.

It is anticipated that continuation of the scholarship program will effectively increase the number of knowledgeable individuals who are in a position to help cope with the problem of alcoholism at the community level. Interest has already been indicated by persons desiring this type of training in 1968.

Staff Education

It is considered most beneficial for the Foundation program to

have the various staff members attend conferences or courses to further their knowledge and training in alcoholism as well as their specific professional fields.

The Executive Director, Doctor Snow, and the Welfare Officer, Mrs. O'Sullivan, along with Doctor Scammell, the Consultant in Alcoholism, and Doctor Harlow, the Foundation Chairman, attended the Second Canadian Conference on Alcoholism held in Quebec City in May, 1967. The Executive Director had been requested to contribute to this program by active participation.

In June Mrs. Caswell, the Social Worker, attended the two-week Ontario Summer School of Alcohol Studies held at the University of Windsor under the sponsorship of the Alcoholism and Drug Addiction Research Foundation of Ontario. The Foundation has also enabled Mrs. Caswell to take a course in Public speaking through the Extension Department of the University of Kings College in Halifax.

The Executive Director attended the Annual Dalhousie Medical Refresher Course in order to maintain a program of continuing medical education.

Doctor Snow also attended the Annual Meeting of the North American Association of Alcoholism Programs in Chicago where he had an opportunity to attend the Clinical Symposium, the general sessions and the treatment section meetings. Subsequently a series of Foundation staff conferences were held so the information gained at the various sessions could be conveyed to the members of the counselling staff and hence be of greater benefit to the Nova Scotia program.

The Field Representative, Mr. Fitzpatrick, had a study tour of alcoholism programs in the Province of Ontario, visiting centers in Toronto, Hamilton, Sault Sainte Marie, Sudbury, Ottawa and Cornwall.

Treatment and Rehabilitation

It has now been four years since the Nova Scotia Alcoholism Research Foundation opened the Out-Patient Clinic in Halifax and during this period there has been a continuing yearly increase in the number of afflicted individuals seeking treatment. A total of 563 patients has registered and in many cases family members have also availed themselves of counselling services. In other cases family members have sought advice and counselling assistance before the

afflicted member of the family was ready or willing to accept help. It would appear that the treatment program has reached an appreciable percentage of the alcoholic population in the area and, although the case load is still increasing, the actual rate of growth has shown some stabilization.

The Executive Director continues in the capacity of Clinic Physician along with his duties in the field of administration and professional education. Medical services are provided by a local general practitioner on a per diem basis at such time as Doctor Snow is involved in duties outside the City or Province. Mrs. Margaret Caswell, the Social Worker, and Mrs. Madeline O'Sullivan, the Welfare Officer, both serve as counsellors for clinic patients and their families. A stenographer-receptionist has been added to the clerical staff and this has assisted in maintaining the efficient functioning of the clinical program.

During the past year 190 new patients have been registered for treatment along with previously registered patients returning for continuing care. The treatment services have been available to 300 individuals. The breakdown of this group is shown in Table I along with figures for the previous year shown for comparative purposes.

TABLE I

	1966	1967
Total Patients Treated	247	300
New Patients Registered	150	190
Male	132	162
Female	18	28

The sources of referral of the new patients is shown in Table II. Some change in the pattern of sources of referral has been recognized from these figures. An increased number of individuals are either self-referrals or come at the suggestion of their family or friends. The number of patients referred by physicians and general hospitals has also shown a definite increase and indicates a greater professional awareness of alcoholism as a major health problem. Referrals from industry and court and probation services have shown increases which indicate a growing awareness of the alcoholism problem in those areas.

TABLE II

SOURCES OF REFERRAL

Self, Family and Friends	40
General Hospitals	37
Social Agencies	20
Physicians	19
Civil Service and Industry	18
Alcoholics Anonymous	15
Nova Scotia Hospital	13
Clinic Patients	13
Court and Probation Services	13
Clergy	2

The treatment approach utilized at the Alcoholism Clinic includes physical examination, laboratory investigation, medical management, social assessment, psychiatric consultation, if necessary, individual counselling and group sessions. The individual counselling and medical management combine to form the basic treatment approach in the majority of cases, although individual variations require that our approach be as flexible as possible.

The Clinic staff conducted a total of 3,110 personal interviews or individual treatment sessions during the year. The breakdown of these patient interviews is given in Table III along with figures showing the increase in the case load over the past year. A further demand for general counselling services could be well met by the present staff but it is anticipated that additional medical assistance will be required with further growth of the clinical program.

TABLE III

CLINIC INTERVIEWS

	1966	1967
Patients	2058	2817
By Physician	828	1198
By Counsellors	1230	1619
Patients' Families	192	246
Miscellanoeus	32	47
Total	2282	3110

Evening group sessions are also held at the Clinic at bi-weekly intervals during the Fall, Winter and Spring months. Twenty Group Sessions were held during the year consisting of lectures, films, tapes and discussions on various aspects of alcoholism. This enables the patients attending to obtain a better understanding of their illness and also gives them an opportunity to recognize the fact that they are part of a larger group of many people having the same common problem of recovering from this illness.

This year a study of the case load at the Out-Patient Clinic was carried out, based on the first 500 registered patients. This study is an analysis of these cases with respect to residence, sex, race, age, marital status, religion, ethnic origin, occupation, employment status, educational background, age at first drink, condition at first visit, stage of disease, source of referral, number of visits, group session participation and family participation. This provides a fairly reliable cross-section of the alcoholic population in this area and by comparison with an earlier study based on 200 cases indicates various trends in the detection and treatment of the disease.

Doctor Snow maintains liaison with the Alcoholism Unit at the Nova Scotia Hospital where he serves as a Consultant in Alcoholism and provides courtesy lectures to the patients at bi-weekly intervals. These lectures are correlated with the educational program for the patients on the Alcoholism Unit and this educational approach to patients themselves is intended for the same general purpose as the educational program for out-patients at the Foundation Clinic.

During the year Doctor Snow gave 21 lectures at the Nova Scotia Hospital to a total attendance of 552 patients and 47 staff. Sixty-eight patients also had an opportunity for individual interviews following the lectures in order to obtain advice regarding specific problems of rehabilitation and follow-up management after discharge from hospital.

LIBRARY

The Foundation continues to acquire various publications on the subject of alcoholism as they become available. A modest library has now been built up in this way and is useful not only to the staff members but also to students who often request use of the library material or free loan when required. There has been a definite increase in the number of such requests in the past year.

A wide assortment of comprehensive pamphlet material is also available for distribution upon request to interested individuals and the number of such requests has again increased this year. These pamphlets contain information which may be utilized by patients, their families, the general public and specific professional groups.

During the year 5,931 pieces of literature were distributed in this manner.

Special booklets and other publications are made available for study purposes to the members of Local Committees on Alcoholism sponsored by the Foundation throughout the Province.

Films are popular for use in educational programs and audio-visual presentations are generally quite effective for this purpose. In addition to films several tapes have been obtained for use in Group Sessions and special teaching tapes have been prepared for illustrative purposes in professional training.

The Nova Scotia Alcoholism Research Foundation is a participating member in the Canadian Foundation on Alcoholism. The Canadian Foundation, which obtains financial support from the Department of National Health and Welfare, sponsors an Annual Canadian Conference on Alcoholism for a limited number of delegates from each participating program. In 1967 the second such conference was held in Quebec City based on a treatment theme. Four degelates from the Nova Scotia program were in attendance and following the conference in Quebec City, Doctor H. L. Scammell and Doctor J. M. Snow attended the Annual Meeting of the Canadian Foundation on Alcoholism. Doctor Scammell is a member of the Board of Directors of the Canadian Foundation and Doctor Snow continues as a member of the Program Committee.

The Program Committee, comprising the Alcoholism Program Directors of the Canadian Provinces and Territories, had met in January, 1967, in Winnipeg and again in Toronto in late November, 1967. Plans are presently being made for the Third Canadian Conference on Alcoholism to be held in Edmonton in 1968 and it is anticipated that delegates from the Nova Scotia Alcoholism Research Foundation will be able to be in attendance at this gathering of specialized workers without appreciable cost to the Provincial program

The Nova Scotia Alcoholism Research Foundation maintains

its membership in the North American Association of Alcoholism Programs and various benefits accrue from this membership. This year the Executive Director was a delegate from Nova Scotia to the Annual Meeting in Chicago where he attended the business meetings as well as the scientific meetings and also participated in the program.

The program of the Nova Scotia Alcoholism Research Foundation in the fields of research, education, treatment and rehabilitation has shown a steady growth during the past year and it is anticipated that this trend will continue.